

Full Report (All Nutrients) 02041, Spices, tarragon, dried

Report Date: October 24, 2015 16:01 EDT

Nutrient values and weights are for edible portion.

Food Group : Spices and Herbs

Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor: 2.44 Nitrogen to Protein Conversion Factor: 6.25

Nutrient	Unit	1 Value Per 100 g	Data points	Std. Error	1 tsp, leaves 0.6g	1 tbsp, leaves 1.8g	1 tsp, ground 1.6g	1 tbsp, ground 4.8g
Proximates								
Water	g	7.74	7	1.181	0.05	0.14	0.12	0.37
Energy	kcal	295	--	--	2	5	5	14
Energy	kJ	1236	--	--	7	22	20	59
Protein	g	22.77	4	1.475	0.14	0.41	0.36	1.09
Total lipid (fat)	g	7.24	4	0.411	0.04	0.13	0.12	0.35
Ash	g	12.03	5	0.834	0.07	0.22	0.19	0.58
Carbohydrate, by difference	g	50.22	--	--	0.30	0.90	0.80	2.41
Fiber, total dietary	g	7.4	--	--	0.0	0.1	0.1	0.4
Minerals								
Calcium, Ca	mg	1139	4	180.298	7	21	18	55
Iron, Fe	mg	32.30	4	5.952	0.19	0.58	0.52	1.55
Magnesium, Mg	mg	347	3	64.377	2	6	6	17
Phosphorus, P	mg	313	3	12.019	2	6	5	15
Potassium, K	mg	3020	6	356.460	18	54	48	145
Sodium, Na	mg	62	4	25.440	0	1	1	3
Zinc, Zn	mg	3.90	3	1.562	0.02	0.07	0.06	0.19
Copper, Cu	mg	0.677	--	--	0.004	0.012	0.011	0.032
Manganese, Mn	mg	7.967	--	--	0.048	0.143	0.127	0.382
Selenium, Se	µg	4.4	1	--	0.0	0.1	0.1	0.2
Vitamins								
Vitamin C, total ascorbic acid	mg	50.0	--	--	0.3	0.9	0.8	2.4
Thiamin	mg	0.251	1	--	0.002	0.005	0.004	0.012
Riboflavin	mg	1.339	1	--	0.008	0.024	0.021	0.064

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tsp, leaves 0.6g	1 tbsp, leaves 1.8g	1 tsp, ground 1.6g	1 tbsp, ground 4.8g
Niacin	mg	8.950	1	--	0.054	0.161	0.143	0.430
Vitamin B-6 1	mg	2.410	2	--	0.014	0.043	0.039	0.116
Folate, total	µg	274	--	--	2	5	4	13
Folic acid	µg	0	--	--	0	0	0	0
Folate, food	µg	274	--	--	2	5	4	13
Folate, DFE	µg	274	--	--	2	5	4	13
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	210	1	--	1	4	3	10
Retinol	µg	0	--	--	0	0	0	0
Vitamin A, IU	IU	4200	1	--	25	76	67	202
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0	0
Lipids								
Fatty acids, total saturated	g	1.881	--	--	0.011	0.034	0.030	0.090
4:0	g	0.000	--	--	0.000	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000	0.000
10:0	g	0.028	--	--	0.000	0.001	0.000	0.001
12:0	g	0.014	--	--	0.000	0.000	0.000	0.001
14:0	g	0.120	--	--	0.001	0.002	0.002	0.006
16:0	g	1.202	--	--	0.007	0.022	0.019	0.058
18:0	g	0.410	--	--	0.002	0.007	0.007	0.020
Fatty acids, total monounsaturated	g	0.474	--	--	0.003	0.009	0.008	0.023
16:1 undifferentiated	g	0.113	--	--	0.001	0.002	0.002	0.005
18:1 undifferentiated	g	0.361	--	--	0.002	0.006	0.006	0.017
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	3.698	--	--	0.022	0.067	0.059	0.178
18:2 undifferentiated	g	0.742	--	--	0.004	0.013	0.012	0.036
18:3 undifferentiated	g	2.955	--	--	0.018	0.053	0.047	0.142
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000

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22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0	0
Phytosterols	mg	81	--	--	0	1	1	4
Other								
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0

Sources of Data

¹S.W. Leonard, K. Hardin, J.E. Leklem **Vitamin B-6 Content of Spices**, 2001 Journal of Food Composition and Analysis 14 pp.163-167

Langual Code(s)

- A0113 SPICE OR HERB (US CFR)
- A1272 0200 SPICES AND HERBS (USDA SR)
- B1469 TARRAGON
- C0200 LEAF
- E0151 SOLID
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0138 WATER REMOVED
- J0117 HEAT DRIED
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION